



Living and Loving After Betrayal: How to Heal from Emotional Abuse, Deceit, Infidelity, and Chronic Resentment

By Steven Stosny

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Living and Loving After Betrayal: How to Heal from Emotional Abuse, Deceit, Infidelity, and Chronic Resentment, Steven Stosny, Betrayal has many faces, including anger, abuse, deceit, and infidelity. If you've recently left a relationship where you felt betrayed by your partner, you may have difficulty moving on. In fact, it can seem impossible to view the world without the shadow of this past betrayal hovering over you, and as a result you may struggle to create meaning in your life and build new, loving relationships. In Living and Loving after Betrayal, clinical psychologist and anger management expert Steven Stosny offers you effective tools for healing based on his successful program, CompassionPower. This program was founded on the belief that individuals and societies are more powerful when compassionate than when angry or aggressive, and that true strength comes from relating compassionately to others and remaining true to your deeper values. In this book, you'll learn practical strategies for overcoming betrayal-induced trauma and chronic resentment using this compassionate approach. Most books on betrayal only focus on the big issues, such as infidelity, abuse, or sex addiction. This book explores all of these topics,...



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